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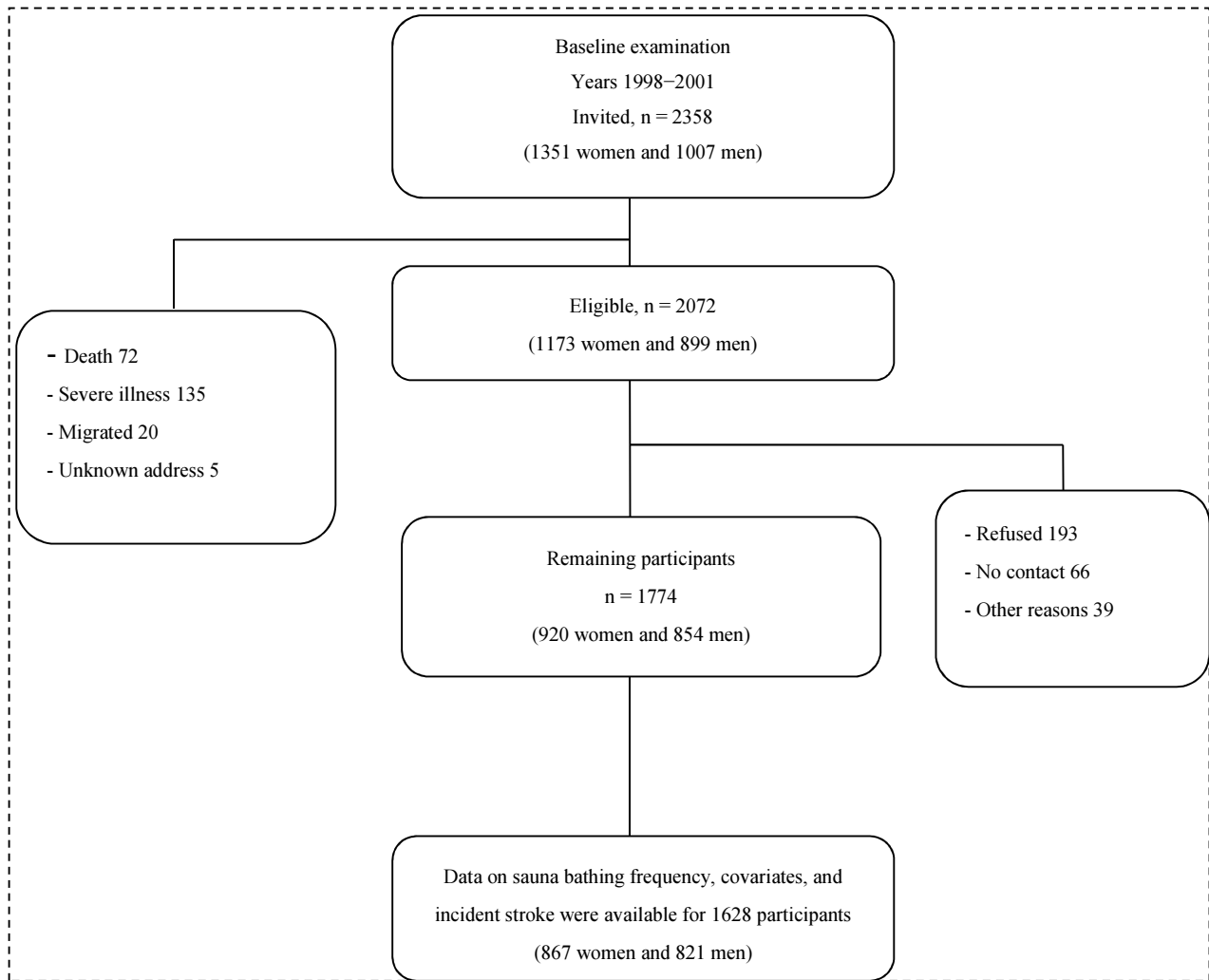
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Appendix e-1. Derivation of the analytic sample



Appendix e-2. Hazard ratios of stroke according to the frequency of sauna bathing, after exclusion of first two years of follow-up

Frequency of sauna bathing (times/week)	Model 1		Model 2		Model 3	
	HR (95% CI)	<i>P</i> -value	HR (95% CI)	<i>P</i> -value	HR (95% CI)	<i>P</i> -value
Once	reference		reference		reference	
2-3	0.89 (0.62 to 1.28)	0.527	0.92 (0.63 to 1.33)	0.650	0.89 (0.61 to 1.30)	0.553
4-7	0.42 (0.20 to 0.91)	0.028	0.42 (0.19 to 0.90)	0.027	0.40 (0.19 to 0.88)	0.022
<i>P</i> -value for trend		0.052		0.062		0.045

CI, confidence interval; HR, hazard ratio; analysis is based on 1,601 participants and 143 strokes; reference is reference comparison for exposure

Model 1: Adjusted for age and sex

Model 2: Model 1 plus body mass index, smoking, systolic blood pressure, serum low-density lipoprotein cholesterol, alcohol consumption, type 2 diabetes, use of hypertensive medication, use of aspirin, and use of lipid-lowering therapy

Model 3: Model 2 plus physical activity (duration per week), and socio-economic status

Appendix e-3. Hazard ratios of stroke according to the frequency of sauna bathing, after exclusion of participants with baseline history of atrial fibrillation

Frequency of sauna bathing (times/week)	Model 1		Model 2		Model 3	
	HR (95% CI)	<i>P</i> -value	HR (95% CI)	<i>P</i> -value	HR (95% CI)	<i>P</i> -value
Once	reference		reference		reference	
2-3	0.84 (0.59 to 1.21)	0.353	0.90 (0.63 to 1.30)	0.586	0.88 (0.61 to 1.27)	0.502
4-7	0.41 (0.19 to 0.87)	0.020	0.42 (0.20 to 0.91)	0.028	0.41 (0.19 to 0.89)	0.024
<i>P</i> -value for trend		0.030		0.058		0.046

CI, confidence interval; HR, hazard ratio; analysis is based on 1,580 participants and 142 strokes; ref, reference is reference comparison for exposure

Model 1: Adjusted for age and sex

Model 2: Model 1 plus body mass index, smoking, systolic blood pressure, serum low-density lipoprotein cholesterol, alcohol consumption, type 2 diabetes, use of hypertensive medication, use of aspirin, and use of lipid-lowering therapy

Model 3: Model 2 plus physical activity (duration per week), and socio-economic status

Appendix e-4. Hazard ratios of stroke according to the frequency of sauna bathing, based on sauna frequency categories of 0-1, 2-3 and 4-7 times per week

Frequency of sauna bathing (times/week)	Model 1		Model 2		Model 3	
	HR (95% CI)	<i>P</i> -value	HR (95% CI)	<i>P</i> -value	HR (95% CI)	<i>P</i> -value
0-1	reference		reference		reference	
2-3	0.89 (0.63 to 1.26)	0.508	0.94 (0.66 to 1.33)	0.727	0.91 (0.64 to 1.29)	0.592
4-7	0.40 (0.19 to 0.86)	0.019	0.41 (0.19 to 0.88)	0.021	0.39 (0.18 to 0.85)	0.017
<i>P</i> -value for trend		0.040		0.063		0.043

CI, confidence interval; HR, hazard ratio; reference is reference comparison for exposure

Model 1: Adjusted for age and sex

Model 2: Model 1 plus body mass index, smoking, systolic blood pressure, serum low-density lipoprotein cholesterol, alcohol consumption, type 2 diabetes, use of hypertensive medication, use of aspirin, and use of lipid-lowering therapy

Model 3: Model 2 plus physical activity (duration per week), and socio-economic status